

HOME-BASED STRENGTH PROGRAM FOR RUNNERS

	WEEK 1 DAY 1	WEEK 1 DAY 2	WEEK 1 DAY 3
WARM-UP:	<ul style="list-style-type: none"> ● 400m easy jog ● 2x10 yards - focus on form <ul style="list-style-type: none"> - <u>High knees</u> - <u>Butt kicks</u> - <u>A-skip</u> - High skip - Lateral lunge - <u>Spiderman lunge</u> - <u>Inchworm</u> ● 2 to 1 leg step and hold x20 each; speed skaters x20 each - hold all landings 5 seconds 	<ul style="list-style-type: none"> ● 400m easy jog ● 2x10 yards - focus on form <ul style="list-style-type: none"> - <u>High knees</u> - <u>Butt kicks</u> - <u>A-skip</u> - High skip - Lateral lunge - <u>Spiderman lunge</u> - <u>Inchworm</u> ● 2 to 1 leg step and hold x20 each; speed skaters x20 each - hold all landings 5 seconds 	<ul style="list-style-type: none"> ● 400m easy jog ● 2x10 yards - focus on form <ul style="list-style-type: none"> - <u>High knees</u> - <u>Butt kicks</u> - <u>A-skip</u> - High skip - Lateral lunge - <u>Spiderman lunge</u> - <u>Inchworm</u> ● 2 to 1 leg step and hold x20 each; speed skaters x20 each - hold all landings 5 seconds
WORK:	<p>EMOM: every minute on the minute, for 25 minutes</p> <ol style="list-style-type: none"> 1: 10 burpees to 6" target 2: 16 <u>single leg squat to bench</u> (R/L = 2; alternate legs) 3: 10 <u>single leg deadlifts with overhead press</u> (use any heavy object available, R/L = 2 reps) 4: 12 overhead walking lunges (R/L = 2) 5: Single leg line hops: 25 seconds forward/backward each leg 	<p>FOR TIME:</p> <ul style="list-style-type: none"> ● 30 push-ups ● 60 walking lunges (R/L = 2) ● 30 jump squats ● 80 step ups (R/L = 2, hold weight if able) ● 30 lunge jumps ● 60 <u>single leg deadlifts</u> (switch legs halfway) ● 30 plank jacks 	<p>4 ROUNDS, FOR TIME: R/L = 2</p> <ul style="list-style-type: none"> ● 10 front rack reverse lunge (hold any object) ● 10 single leg jumps (stick landing 5 seconds) ● 200 meter run, or run up/down a set of stairs 2x ● 20 burpees ● 30 RDL's (hold a bag full of heavy books or any object) ● 30 air squats
ACCESSORY:	<ul style="list-style-type: none"> ● Max reps single leg calf raises x2 sets ● <u>Bulgarian split squat</u> 4x12 each side (hold weight if able) ● Max reps hip hikes off step x2 sets ● <u>Plank with hip extension</u> 3 x 12 each side ● <u>Figure 4 bridge</u> 2x30 each side 	<ul style="list-style-type: none"> ● <u>Slow bear crawl</u> x15 each side ● <u>Plank to side plank</u> x7 each side ● <u>Max reps abduction in side plank</u> x2 sets each ● <u>Max reps advanced clamshell</u> x2 sets (modification: traditional clamshell) 	<ul style="list-style-type: none"> ● Max reps single leg calf raises x2 sets ● <u>Runner press</u> 2x12 each side (hold any heavy object) ● <u>Single leg squat to bench</u> 3x8 each side ● <u>Plank row</u> (renegade row) 3x7 each side (no weight or any available object) ● <u>Figure 4 bridge</u> 2x30 each side

EMOM notes:

- Goal is to work for 45-50 seconds and have the rest of the minute to rest. Scale reps up/down as needed
- Single leg squats: focus on controlled descent of the leg you are squatting on. Sit back to a chair, a bench, etc.
 - Knee should stay in line with the laces of your shoes - if you cant do this, toe down with opposite leg for support
- Line hops in this exercise should be done quickly, focusing on speed

DAY 2 notes:

- Push ups can be done on knees
- Keep lunge jumps in safe, pain free depth
- Single leg deadlifts should focus on keeping the back and nonworking leg straight. Working leg (the leg you are balancing on) can be bent

DAY 3 notes:

- All reps are total for R and L legs (ie, 10 total lunges, jumps, etc)
- Focus on form during all movements, especially when fatigue sets in
- Jump up as high as you can successfully/safely stick the landing with
 - Hold landing 5 seconds; knee should be slightly bent and in line with the laces of your shoes.
 - Goal is to work on power for the jump, stability/balance upon landing

WEEK 2

	WEEK 2 DAY 1	WEEK 2 DAY 2	WEEK 2 DAY 3
WARM-UP:	<ul style="list-style-type: none"> • 400m easy jog • 2x10 yards - focus on form <ul style="list-style-type: none"> - <u>High knees</u> - <u>Butt kicks</u> - <u>A-skip</u> - High skip - Lateral lunge - <u>Spiderman lunge</u> - <u>Inchworm</u> • <u>2 to 1 leg step and hold</u> x20 each; speed skaters x20 each - hold all landings 5 seconds 	<ul style="list-style-type: none"> • 400m easy jog • 2x10 yards - focus on form <ul style="list-style-type: none"> - <u>High knees</u> - <u>Butt kicks</u> - <u>A-skip</u> - High skip - Lateral lunge - <u>Spiderman lunge</u> - <u>Inchworm</u> • <u>2 to 1 leg step and hold</u> x20 each; speed skaters x20 each - hold all landings 5 seconds 	<ul style="list-style-type: none"> • 400m easy jog • 2x10 yards - focus on form <ul style="list-style-type: none"> - <u>High knees</u> - <u>Butt kicks</u> - <u>A-skip</u> - High skip - Lateral lunge - <u>Spiderman lunge</u> - <u>Inchworm</u> • <u>2 to 1 leg step and hold</u> x20 each; speed skaters x20 each - hold all landings 5 seconds
WORK:	<p>EMOM: every minute on the minute, for 25 minutes</p> <ol style="list-style-type: none"> 1: 12 burpees to 6" target 2: 18 <u>single leg squat to bench</u> (R/L = 2; alternate legs) 3: 10 <u>single leg deadlift with overhead press</u> (use any heavy object available, R/L = 2 reps) 4: 15 overhead walking lunges (R/L = 2) 5: single leg line hops: 25 seconds forward/backward each leg 	<p>FOR TIME:</p> <ul style="list-style-type: none"> • 40 push-ups • 70 walking lunges (R/L = 2) • 40 jump squats • 90 step ups (R/L = 2, hold weight if able) • 40 lunge jumps (R/L = 2) • 70 <u>single leg deadlifts</u> (switch legs halfway) • 40 plank jacks 	<p>4 ROUNDS, FOR TIME: R/L = 2 *goal: beat last week's time*</p> <ul style="list-style-type: none"> • 10 front rack reverse lunge (hold any object) • 10 single leg jumps (stick landing 5 seconds) • 200 meter run, or run up/down a set of stairs 2x • 20 burpees • 30 RDL's (hold a bag full of heavy books or any object) • 30 air squats
ACCESSORY:	<ul style="list-style-type: none"> • Max reps single leg calf raises x2 sets • <u>Bulgarian split squat</u> 4x12 each side (hold weight if able) • Max reps hip hikes off step x2 sets • <u>Plank with hip extension</u> 3 x 12 each side • <u>Figure 4 bridge</u> 2x30 each side 	<ul style="list-style-type: none"> • <u>Slow bear crawl</u> x15 each side • <u>Plank to side plank</u> x7 each side • Max reps abduction in side plank x2 sets each • <u>Max reps advanced clamshell</u> x2 sets (modification: traditional clamshell) 	<ul style="list-style-type: none"> • Max reps single leg calf raises x2 sets • <u>Runner press</u> 2x12 each side (hold any heavy object) • <u>Single leg squat to bench</u> 3x8 each side • <u>Plank row</u> (renegade row) 3x7 each side (no weight or any available object) • <u>Figure 4 bridge</u> 2x30 each side

DAY 1/EMOM notes:

- Goal is to work for 45-50 seconds and have the rest of the minute to rest. Scale reps up/down as needed
- Single leg squats: focus on controlled descent of the leg you are squatting on. Sit back to a chair, a bench, etc.
 - Knee should stay in line with the laces of your shoes - if you cant do this, toe down with opposite leg for support
- Line hops in this exercise should be done quickly, focusing on speed

DAY 2 notes:

- Push ups can be done on knees
- Keep lunge jumps in safe, pain free depth
- Single leg deadlifts should focus on keeping the back and nonworking leg straight. Working leg (the leg you are balancing on) can be bent

DAY 3 notes:

- All reps are total for R and L legs (ie, 10 total lunges, jumps, etc)
- Focus on form during all movements, especially when fatigue sets in
- Jump up as high as you can successfully/safely stick the landing with
 - Hold landing 5 seconds; knee should be slightly bent and in line with the laces of your shoes.
 - Goal is to work on power for the jump, stability/balance upon landing

WEEK 3

	WEEK 2 DAY 1	WEEK 2 DAY 2	WEEK 2 DAY 3
WARM-UP:	<ul style="list-style-type: none"> • 400m easy jog • 2x10 yards - focus on form <ul style="list-style-type: none"> - <u>High knees</u> - <u>Butt kicks</u> - <u>A-skip</u> - High skip - Lateral lunge - <u>Spiderman lunge</u> - <u>Inchworm</u> • <u>2 to 1 leg step and hold</u> x20 each; speed skaters x20 each - hold all landings 5 seconds 	<ul style="list-style-type: none"> • 400m easy jog • 2x10 yards - focus on form <ul style="list-style-type: none"> - <u>High knees</u> - <u>Butt kicks</u> - <u>A-skip</u> - High skip - Lateral lunge - <u>Spiderman lunge</u> - <u>Inchworm</u> • <u>2 to 1 leg step and hold</u> x20 each; speed skaters x20 each - hold all landings 5 seconds 	<ul style="list-style-type: none"> • 400m easy jog • 2x10 yards - focus on form <ul style="list-style-type: none"> - <u>High knees</u> - <u>Butt kicks</u> - <u>A-skip</u> - High skip - Lateral lunge - <u>Spiderman lunge</u> - <u>Inchworm</u> • <u>2 to 1 leg step and hold</u> x20 each; speed skaters x20 each - hold all landings 5 seconds
WORK:	<p>Every 4 minutes for 6 rounds:</p> <ul style="list-style-type: none"> • 10 lateral burpees over an object (R/L = 2) • 20 <u>single leg deadlifts</u> (R/L = 2) • 10 lateral squat jumps (R/L = 2) • 20 single leg squats to bench ((R/L = 2) 	<p>FOR TIME:</p> <ul style="list-style-type: none"> • 400m run • 60 mountain climbers • 50 Russian twists • 50 squat jumps • 60 lunges with heel raise • 400m run 	<p>4 ROUNDS, FOR TIME:</p> <ul style="list-style-type: none"> • 20 single arm overhead lunge (hold any object, focus on keeping balance with good shoulder and trunk control) • 20 single leg lateral jumps (stick landing 5 seconds) • 200 meter run, or run up/down a set of stairs 2x • 40 RDL's (hold a bag full of heavy books or any object) • 25 air squats
ACCESSORY:	<ul style="list-style-type: none"> • Max reps single leg calf raises x2 sets • <u>Bulgarian split squat</u> 4x12 each side (hold weight if able) • Max reps hip hikes off step x2 sets • <u>Plank with hip extension</u> 3 x 12 each side • <u>Figure 4 bridge</u> 2x30 each side 	<ul style="list-style-type: none"> • <u>Slow bear crawl</u> x15 each side • <u>Plank to side plank</u> x7 each side • <u>Max reps abduction in side plank</u> x2 sets each • <u>Max reps advanced clamshell</u> x2 sets (modification: traditional clamshell) 	<ul style="list-style-type: none"> • Max reps single leg calf raises x2 sets • <u>Runner press</u> 2x12 each side (hold any heavy object) • <u>Single leg squat to bench</u> 3x8 each side • <u>Plank row</u> (renegade row) 3x7 each side (no weight or any available object) • <u>Figure 4 bridge</u> 2x30 each side

DAY 1 notes:

- Goal is to have 30-60 seconds of rest between rounds. If needed, scale the time up or down (ex: every 3 min or every 5 min)
- All movements are total for R and L. For deadlifts and squats, complete 10 on the right leg before moving to the left

DAY 2 notes:

- All movements are total for R and L.
- If needed, perform two rounds of all exercises.

DAY 3 notes:

- All reps are total for R and L legs (ie, 10 total lunges, jumps, etc)
- Focus on form during all movements, especially when fatigue sets in
- Jump up as high as you can successfully/safely stick the landing with
 - Hold landing 5 seconds; knee should be slightly bent and in line with the laces of your shoes.
 - Goal is to work on power for the jump, stability/balance upon landing

WEEK 4

	WEEK 2 DAY 1	WEEK 2 DAY 2	WEEK 2 DAY 3
WARM-UP:	<ul style="list-style-type: none"> • 400m easy jog • 2x10 yards - focus on form <ul style="list-style-type: none"> - <u>High knees</u> - <u>Butt kicks</u> - <u>A-skip</u> - High skip - Lateral lunge - <u>Spiderman lunge</u> - <u>Inchworm</u> • <u>2 to 1 leg step and hold</u> x20 each; speed skaters x20 each - hold all landings 5 seconds 	<ul style="list-style-type: none"> • 400m easy jog • 2x10 yards - focus on form <ul style="list-style-type: none"> - <u>High knees</u> - <u>Butt kicks</u> - <u>A-skip</u> - High skip - Lateral lunge - <u>Spiderman lunge</u> - <u>Inchworm</u> • <u>2 to 1 leg step and hold</u> x20 each; speed skaters x20 each - hold all landings 5 seconds 	<ul style="list-style-type: none"> • 400m easy jog • 2x10 yards - focus on form <ul style="list-style-type: none"> - <u>High knees</u> - <u>Butt kicks</u> - <u>A-skip</u> - High skip - Lateral lunge - <u>Spiderman lunge</u> - <u>Inchworm</u> • <u>2 to 1 leg step and hold</u> x20 each; speed skaters x20 each - hold all landings 5 seconds
WORK:	<p>Every 3 minutes for 6 rounds:</p> <ul style="list-style-type: none"> • 10 lateral burpees over an object (R/L = 2) • 10 <u>single leg deadlifts</u> (R/L = 1) • 10 lateral squat jumps (R/L = 2) • 10 single leg squats ((R/L = 1) 	<p>FOR TIME: *goal: beat last week's time</p> <ul style="list-style-type: none"> • 400m run • 60 mountain climbers • 50 Russian twists • 50 squat jumps • 60 lunges with heel raise • 400m run 	<p>5 ROUNDS, FOR TIME:</p> <ul style="list-style-type: none"> • 20 single arm overhead lunge (hold any object, focus on keeping balance with good shoulder and trunk control) • 20 single leg lateral jumps (stick landing 5 seconds) • 200 meter run, or run up/down a set of stairs 2x • 40 RDL's (hold a bag full of heavy books or any object) • 25 air squats
ACCESSORY:	<ul style="list-style-type: none"> • Max reps single leg calf raises x2 sets • <u>Bulgarian split squat</u> 4x12 each side (hold weight if able) • Max reps hip hikes off step x2 sets • <u>Plank with hip extension</u> 3 x 12 each side • <u>Figure 4 bridge</u> 2x30 each side 	<ul style="list-style-type: none"> • <u>Slow bear crawl</u> x15 each side • <u>Plank to side plank</u> x7 each side • <u>Max reps abduction in side plank</u> x2 sets each • <u>Max reps advanced clamshell</u> x2 sets (modification: traditional clamshell) 	<ul style="list-style-type: none"> • Max reps single leg calf raises x2 sets • <u>Runner press</u> 2x12 each side (hold any heavy object) • <u>Single leg squat to bench</u> 3x8 each side • <u>Plank row</u> (renegade row) 3x7 each side (no weight or any available object) • <u>Figure 4 bridge</u> 2x30 each side

DAY 1 notes:

- Goal is to have 30-60 seconds of rest between rounds. If needed, scale the time up or down (ex: every 2 min or every 4 min)
- All movements are total for R and L. For deadlifts and squats, complete 10 on the right leg before moving to the left

DAY 2 notes:

- All movements are total for R and L.
- If needed, perform two rounds of all exercises.

DAY 3 notes:

- Note the addition of a 5th round. If this is too taxing do 4 rounds.
- All reps are total for R and L legs (ie, 10 total lunges, jumps, etc).
- Focus on form during all movements, especially when fatigue sets in
- Jump up as high as you can successfully/safely stick the landing with
 - Hold landing 5 seconds; knee should be slightly bent and in line with the laces of your shoes.
 - Goal is to work on power for the jump, stability/balance upon landing.